

Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building **Min: 8/Max: 15 per class**
10 weeks, 1 or 2 days per week

Day	Dates
Wed	April 2 - June 11 (No class 4/23)
Fri	April 4 - June 13 (No class 4/25)

For each class above:

9 - 10:15 am

\$235 for two days per week

\$155 for 1 day per week

ALL
Yoga classes
require a yoga mat.

Yoga Basics - Kripalu Yoga

Instructor: Sue Dorfman

Increase your energy, strength and endurance. Learn to release your anxiety, stress and tension. This mixed level class is for those who want to strengthen and tone, relax and breathe. Learn basic yoga postures and breathing techniques or support your own yoga practice.

Location: Warren Building **Min: 8/Max: 15**

9 weeks

Day	Time	Dates	Price
Mon	8:45 - 9:45 am	March 31 - June 9 (No class 4/21 & 5/26)	\$95

9 weeks

Day	Time	Dates	Price
Thur	6:15 - 7:15 pm	April 3 - June 5 (No class 4/24)	\$95

Yoga

Instructor: Michael Preston

A basic yoga work out which combines both the Hatha and Kudalini styles, each class continues with 30 to 45 minutes of exercises that address specific problems such as back and neck pain, headaches, weak abdominal muscles and shoulder tightness. Class ends with meditation. You should bring your own yoga mat to class.

Location: Warren Building **Min: 8/Max: 15**
11 weeks

Day	Dates	Price
Tue	April 1 - June 10	\$115

Beginner/Advanced Beginner	7 - 8 pm
Intermediate/Advanced	8 - 9 pm



Power Yoga Basics

Instructor: Karen McGee

Find out why so many people are hooked on power yoga to keep their bodies fit and mind calm. This fun, challenging strength building class is available to every person who dares to "go inside" where inner strength lies. You will be taught a series of strengthening poses that are linked by the relaxing power of the breath. This hot flowing sequence will have you sweating your stress away... then its time to hold deep stretches and you dissolve into a state of meditation. This class is geared for folks just starting out or those who wish to deepen their existing practice.

Please bring water, towel and be prepared to sweat!

Location: Warren Building **Min: 6/Max: 15**
10 weeks

Day	Time	Dates	Price
Thur	9 - 10 am	April 3 - June 12 (No class 4/24)	\$160

Yoga - Lates

Instructor: Karen McGee

What is the result of a class that combines the best core strengthening poses from yoga and Pilates mat-based classes? You get a potent, fun filled class that hits those hard to reach abdominal, back, and buttocks muscles, commonly referred to as "the core." This class is suitable for everyone, from new moms looking for those abdominal muscles that were "lost" during pregnancy, to adults who are looking for gentle awareness of their center. All levels, even the most hardcore fitness buffs will be challenged to find their inner strength because you will be taught several modifications which are progressive enough to reach new awareness and levels of fitness.

Location: Warren Building **Min: 6/Max: 15**
10 weeks

Day	Time	Dates	Price
Tue	9 – 10 am	April 1 - June 10 (No class 4/22)	\$160

Senior & Healing Yoga

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

Location: Warren Building **Min: 8/Max: 15 per class**
8 weeks

Day	Time	Dates
Tue	12:30 - 1:45 pm	April 15 - June 10 (No class 5/6)
Thur	1:45 - 3 pm	April 17 - June 12 (No class 5/8)

For each class above:
\$70 for two days per week
\$35 for 1 day per week



T'ai Chi for Seniors

Instructor: Josh Fink

Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina, and agility, sharpens their reflexes, and gives a sense of overall well-being. This class is being run in conjunction with the Council On Aging.

Location: Warren Building **Min: 8/Max: 20**
8 weeks

Day	Dates	Price
Fr	April 11 - May 30	\$30

Beginner/Advanced Beginner 1 – 2 pm
Intermediate/Advanced 2 – 3 pm

Pil - Oga

Instructor: Michael Preston

This gently stimulating class combines the stress relieving advantages of the ancient meditative art of YOGA with the "core strengthening" developed by Joseph Pilates in 1915. Stretching and breathing warm-ups evolve into a 30 minute series of exercises alternating compression with extension. A cool down follows with the classical YOGA technique of "Prahna Yama" and a deep, guided relaxation leaving the participant both energized and relaxed. Please bring a yoga mat.

Location: Warren Building **Min: 6/Max: 12**
8 weeks

Day	Dates	Price
Mon	April 7 - June 9 (No class 4/21 & 5/26)	\$85

Intermediate/Advanced 7 – 8 pm
Beginner/Advanced Beginner 8 – 9 pm

Whole Life Weight Loss:

"A Whole New Way to Happiness."™

Instructor: Manjit Khalsa, Ed.D

This workshop is based on a unique combination of ancient yogic teachings, the latest scientific data, and the newest Dietary Guidelines for Americans. You'll learn how to eat the foods you love, so that your body naturally creates feelings of health and happiness. The class will introduce you to the tools you need to change the way you eat and think, so that you can achieve not just your weight loss goals, but other personal goals as well. We'll do some yoga, and we'll learn about food via a fun slide presentation. You'll leave the workshop, not just with pamphlets to take home and a website to use, but with an experience of hope and spirit that will help you succeed long after the workshop is over. An optional support group will follow the workshop.

Location: Warren Building **Min: 6/Max: 12**
1 class

Day	Time	Dates	Price
Wed	7 - 9:30 pm	April 16	\$35